



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09506, Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E

Report Date: June 30, 2017 15:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5	g	87.22	24	1.189	82.9	90.64	4.0	83.925	90.525	5	Analytical or derived from analytical	--	03/2014
Energy	kcal	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Energy	kJ	203	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Protein 1 2 3	g	0.68	20	0.037	0.15	0.94	6.0	0.583	0.769	3	Analytical or derived from analytical	--	03/2014
Total lipid (fat) 1 2 3	g	0.12	17	0.010	0.07	0.25	5.0	0.095	0.15	3	Analytical or derived from analytical	--	03/2014
Ash 1	g	0.43	6	0.030	0.3	0.5	5.0	0.356	0.509	1	Analytical or derived from analytical	--	03/2014
Carbohydrate, by difference	g	11.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Fiber, total dietary 4	g	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Sugars, total	g	8.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

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Sucrose 1 2 3 4	g	4.01	21	0.476	0.07	5.07	3.0	2.496	5.523	4	Analytical or derived from analytical	--	03/2014
Glucose (dextrose) 1 2 3 4	g	2.08	21	0.113	1.51	3.71	3.0	1.716	2.437	4	Analytical or derived from analytical	--	03/2014
Fructose 1 2 3 4	g	2.23	21	0.120	1.71	3.99	3.0	1.846	2.608	4	Analytical or derived from analytical	--	03/2014
Lactose 1 2 3	g	0.00	20	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2014
Maltose 2 3 4	g	0.00	15	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2014
Galactose 2 3	g	0.00	14	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2014
Minerals													
Calcium, Ca	mg	146	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2014
Iron, Fe 1 2 3 5 6 7	mg	0.13	32	0.020	0.07	0.3	5.0	0.079	0.183	6	Analytical or derived from analytical	--	03/2014
Magnesium, Mg 1 2 3 5 6 7	mg	11	32	0.290	9	13	5.0	10.045	11.538	6	Analytical or derived from analytical	--	03/2014

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Phosphorus, P 1 5 6 7	mg	17	13	1.284	13	20	3.0	13.34	21.51	4	Analytical or derived from analytical	--	03/2014
Potassium, K 1 2 3 5 6 7	mg	178	32	1.361	140	200	5.0	174.044	181.04	6	Analytical or derived from analytical	--	03/2014
Sodium, Na 1 2 3 5 6 7	mg	2	28	0.320	0	6	5.0	1.587	3.23	6	Analytical or derived from analytical	--	03/2014
Zinc, Zn 1 2 3 5 6 7	mg	0.07	32	0.019	0.02	0.52	5.0	0.022	0.119	6	Analytical or derived from analytical	--	03/2014
Copper, Cu 1 2 3 5 6 7	mg	0.042	32	0.007	0.03	0.1	5.0	0.024	0.059	6	Analytical or derived from analytical	--	03/2014
Manganese, Mn 1 2 3 5 6 7	mg	0.023	32	0.002	0	0.03	5.0	0.018	0.027	6	Analytical or derived from analytical	--	03/2014
Selenium, Se 5 6 7	µg	0.1	12	0.090	0	0.8	11.0	-0.065	0.331	3	Analytical or derived from analytical	--	03/2014
Vitamins													
Vitamin C, total ascorbic acid 1 2 3	mg	33.6	40	0.706	21.1	42.1	13.0	32.098	35.136	3	Analytical or derived from analytical	--	03/2014
Thiamin 1	mg	0.046	6	0.004	0.04	0.06	5.0	0.036	0.056	1	Analytical or derived from analytical	--	03/2014
Riboflavin 1	mg	0.039	6	0.002	0.03	0.04	5.0	0.034	0.044	1	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.280	3	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Pantothenic acid ¹	mg	0.195	3	0.002	0.19	0.2	2.0	0.185	0.205	1	Analytical or derived from analytical	--	03/2014
Vitamin B-6 ¹	mg	0.076	3	0.003	0.07	0.08	2.0	0.061	0.09	1	Analytical or derived from analytical	--	03/2014
Folate, total ¹	μg	19	6	1.580	15	26	5.0	14.483	22.603	1	Analytical or derived from analytical	--	03/2014
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Folate, food	μg	19	6	1.580	15	26	5.0	14.483	22.603	1	Analytical or derived from analytical	--	03/2014
Folate, DFE	μg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Choline, total ¹	mg	6.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Betaine ¹	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Vitamin A, RAE ¹	μg	114	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Retinol	μg	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	8	3	0.000	8	8	--	--	--	1	Analytical or derived from analytical	--	03/2014
Carotene, alpha 1	µg	8	3	0.000	8	8	--	--	--	1	Analytical or derived from analytical	--	03/2014
Cryptoxanthin, beta 1	µg	27	3	9.849	8	41	2.0	-15.376	69.376	1	Analytical or derived from analytical	--	03/2014
Vitamin A, IU	IU	417	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2014
Lycopene 1	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2014
Lutein + zeaxanthin 1	µg	27	3	6.351	16	38	2.0	-0.326	54.326	1	Analytical or derived from analytical	--	03/2014
Vitamin E (alpha-tocopherol)	mg	1.13	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2014
Vitamin E, added	mg	1.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Vitamin D	IU	42	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2014
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:0	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total monounsaturated	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total polyunsaturated	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
18:2 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Amino Acids													
Tryptophan 1 8	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Threonine 1 8	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Isoleucine 1 8	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Leucine 1 8	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lysine 1 8	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Methionine 1 8	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Cystine 1 8	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1 8	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Tyrosine 1 8	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Valine 1 8	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Arginine 1 8	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Histidine 1 8	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Alanine 1 8	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Aspartic acid 1 8	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glutamic acid 1 8	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glycine 1 8	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Proline 1 8	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ^{1 8}	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 3a, 2000 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11g, 2007 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11f, 2007 Beltsville MD

⁴B Li, K.W. Andrews, P.R. Pehrsson Individual sugars, soluble and insoluble dietary fiber contents of 70 high consumption foods, 2002 J Food Comp Anal 15 pp.715-723

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2005

⁸Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 3b, 2000 Beltsville MD